

Beef Dishes

<p>Combination Burrito 9 Lettuce & Tomato Garnish with Salsa Seasoned Green Beans Cilantro Lime Rice Sliced Peaches Fat Free Milk</p>	<p>Beef & Broccoli Stir Fry 16 Steamed Brown Rice Steamed Carrots Pineapple Tidbits Wheat Bread with Margarine Fat Free Milk</p>	<p>Combination Burrito 17 Smothered with Chicken Green Chile Tomato, Lettuce and Salsa Black Beans with Cilantro Diced Pears Fat Free Milk</p>
<p>Spicy Beef Rice Casserole 18 Cut Broccoli Sliced Yellow Squash Pineapple Tidbits Wheat Bread with Margarine Fat Free Milk</p>	<p>Beef Stroganoff 19 Orange Spiced Carrots Ruby Beet Salad Mixed Fruit Wheat Bread with Margarine Fat Free Milk</p>	<p>Beef & Sweet Peppers 20 Steamed Brown Rice Orange Spiced Carrots Grapefruit Half Wheat Bread with Margarine Fat Free Milk</p>
<p>Chicken Fried Steak with 21 Country Gravy Roasted Garlic Mashed Potatoes Seasoned Cauliflower Broccoli Mix Apple Drop Biscuit with Margarine Fat Free Milk</p>	<p>Chili Relleno Casserole 22 Parslied Carrots Tossed Vegetable Salad with Lemon Whole Wheat Bread with Margarine Fat Free Milk</p>	<p>Corned Beef with Broth 23 Parsley Buttered New Potatoes Seasoned Cabbage & Carrots Rolled Shamrock Sugar Cookie Rye Bread with Margarine Fat Free Milk</p>
<p>Enchilada Pie 24 Sliced Tomato on Lettuce Sliced Yellow Squash Mixed Fruit Wheat Bread with Margarine Fat Free Milk</p>	<p>French Dip Sandwich 25 with Au Jus Oven Brownded Potatoes Mixed Vegetables Strawberry Applesauce Fat Free Milk</p>	<p>Hamburger with Catsup, 26 Mustard & Onion Sliced Tomato on Lettuce Baked Beans Potato Salad Watermelon Fat Free Milk</p>

<p>Hot Dog on Bun with Mustard & Onion <u>Potato Salad</u> <u>Carrifruit Salad</u> <u>Honeydew Cilantro Lime Salad</u> Fat Free Milk</p>	<p>27 <u>Hungarian Goulash</u> <u>California Vegetable Medley</u> <u>Chopped Spinach</u> with Malt Vinegar Banana Wheat Bread with Margarine Fat Free Milk</p>	<p>28 <u>American Lasagna</u> <u>Herbed Green Beans</u> Seasoned Cabbage Banana Italian Bread with Margarine Fat Free Milk</p>
<p>29 <u>Meatloaf</u> <u>Brown Gravy</u> <u>Cheesy Potatoes</u> Seasoned Green Beans Pineapple Tidbits Wheat Bread with Margarine Fat Free Milk</p>	<p>30 <u>Roast Beef Sandwich H/C</u> Wheat Bread Roasted Garlic Mashed Potatoes <u>California Vegetable Medley</u> <u>Confetti Slaw</u> Pineapple Tidbits Fat Free Milk</p>	<p>31 <u>Corned Beef Sandwich</u> on Hoagie with Mustard, Swiss Cheese Slice & Onion <u>Green Beans with Tomatoes</u> <u>Creamy Coleslaw</u> Sliced Peaches Fat Free Milk</p>
<p>32 <u>Porcupine Meatballs</u> <u>Whipped Potatoes</u> with <u>Gravy</u> <u>California Vegetable Medley</u> <u>Almond Peaches</u> Wheat Bread with Margarine Fat Free Milk</p>	<p>33 Pot Roast with <u>Brown Gravy</u> <u>Baby Carrots & New Potatoes</u> Seasoned Green Beans Cantaloupe Wheat Dinner Roll with Margarine Fat Free Milk</p>	<p>34 <u>Roast Beef</u> Mashed Potatoes with <u>Gravy</u> Green Bean Amandine <u>Apricot Peach Compote</u> French Bread with Margarine Fat Free Milk</p>
<p>35 Salisbury Steak <u>Whipped Potatoes</u> with <u>Gravy</u> <u>California Vegetable Medley</u> Seasoned Greens **Nectarine Wheat Bread with Margarine Fat Free Milk</p>	<p>36 <u>Sloppy Joe</u> on a Bun Scalloped Potatoes <u>Broccoli & Carrots</u> Apple Fat Free Milk</p>	<p>37 <u>BBQ Beef Brisket</u> <u>Ranch Style Beans</u> <u>Carrifruit Salad</u> <u>Honeydew Cilantro Lime Salad</u> Wheat Bread with Margarine Fat Free Milk</p>

<p>Spaghetti and Meatsauce 39 Tossed Salad with Lite Italian Seasoned Green Beans Orange Wheat Bread with Margarine Fat Free Milk</p>	<p>Stuffed Peppers 40 Whole Kernel Corn Chopped Spinach with Malt Vinegar Applesauce with Raisins Wheat Bread with Margarine Fat Free Milk</p>	<p>Swedish Meatball 41 Whipped Potatoes with Cream Gravy Chopped Spinach Mixed Fruit Wheat Bread with Margarine Fat Free Milk</p>
<p>Swiss Steak with 42 Mushroom Sauce Whipped Potatoes Seasoned Greens **Cantaloupe Dinner Roll with Margarine Fat Free Milk</p>	<p>Taco Salad with Salsa and 43 Tomato, Lettuce Garnish Strawberry Applesauce Cantaloupe Cornbread with Margarine Fat Free Milk</p>	<p>Tator Tot Casserole 44 Tossed Salad Baked Acorn Squash Fresh Pear Wheat Bread with Margarine Fat Free Milk</p>
<p>Teriyaki Beef 45 Steamed Brown Rice Chinese Vegetables Spinach Mandarin Orange Salad with Sesame Vinaigrette Dressing Wheat Bread with Margarine Fat Free Milk</p>	<p>Veal Patty with Mushroom 46 Sauce Whipped Potatoes Mixed Vegetables Banana Wheat Bread with Margarine Fat Free Milk</p>	<p>Veal Parmesan & Tomato 47 Sauce served over Spaghetti Italian Green Beans Spiced Plums French Bread with Margarine Fat Free Milk</p>
<p>Meat Loaf 5C Whole Wheat Crackers Cut Broccoli Apple Raisin Nut Cup Margarine Fat Free Milk</p>	<p>Beef Stroganoff 19DC Orange Spiced Carrots Ruby Beet Salad Tropical Fruit Whole Wheat Bread with Margarine Fat Free Milk</p>	<p>Chicken Fried Steak 21DC Whipped Potatoes with Gravy California Vegetable Medley Pineapple Tidbits Whole Wheat Bread with Margarine Fat Free Milk</p>

<p>Chicken Fried Steak 21L Roasted Garlic Mashed Potatoes with <u>Gravy</u> <u>Cut Broccoli</u> Apple <u>Drop Biscuit</u> with Margarine Fat Free Milk</p>	<p><u>Chili Relleno Casserole</u> 22L <u>Parslied Carrots</u> <u>Tossed Vegetable Salad</u> with Lemon Orange Whole Wheat Bread with Margarine Fat Free Milk</p>	<p><u>Hungarian Goulash</u> 28DC <u>California Vegetable Medley</u> Green Peas Pineapple Tidbits Whole Wheat Bread with Margarine Fat Free Milk</p>
<p><u>American Lasagna</u> 29DC <u>Herbed Green Beans</u> Seasoned Cabbage <u>Shredded Green Salad</u> with Lite Italian Dressing Ice Cream Italian Bread with Margarine Fat Free Milk</p>	<p><u>American Lasagna</u> 29MOW <u>Herbed Green Beans</u> Seasoned Cabbage <u>Shredded Green Salad</u> with Lite Italian Dressing Banana Italian Bread with Margarine Fat Free Milk</p>	<p>Salisbury Steak 36L <u>Whipped Potatoes</u> with <u>Gravy</u> <u>Italian Green Beans</u> Cantaloupe Whole Wheat Roll with Margarine Fat Free Milk</p>
<p><u>Sloppy Joe</u> on a Bun 37L Scalloped Potatoes Peas and Carrots Apple Fat Free Milk</p>	<p><u>Roast Beef</u> 42C <u>Whipped Potatoes</u> with <u>Gravy</u> Seasoned Greens Orange Dinner Roll with Margarine Fat Free Milk</p>	<p>Swiss Steak with <u>Mushroom</u> 42DC <u>Sauce</u> and <u>Whipped Potatoes</u> Seasoned Greens Orange Dinner Roll with Margarine Fat Free Milk</p>

<p>Tator Tot Casserole 44DC Tossed Salad with Lite Italian Dressing Baked Acorn Squash Banana Whole Wheat Bread with Margarine Fat Free Milk</p>	<p>Tator Tot Casserole 44MOW Tossed Salad with Lite Italian Dressing Baked Acorn Squash Vegetable Blend Banana Whole Wheat Bread with Margarine Fat Free Milk</p>	<p>Veal Patty with Mushroom Sauce and Whipped Potatoes Mixed Vegetables Pineapple Mandarin Orange Compote Whole Wheat Bread with Margarine Fat Free Milk</p>
<p>Stuffed Peppers 51C Oven-Browned Potatoes Italian Blend Vegetables Sliced Peaches Cookie Whole Wheat Bread with Margarine Fat Free Milk</p>	<p>Beef & Sweet Peppers 75C Steamed Brown Rice California Vegetable Medley Pear Halves Whole Wheat Bread with Margarine Fat Free Milk</p>	<p>Spaghetti and Meatsauce 99C Tossed Salad Mixed Fruit Orange Juice Whole Wheat Bread with Margarine Fat Free Milk</p>
<p>Beef Stroganoff 19L Parslied Carrots Ruby Beet Salad Orange Juice Whole Wheat Bread with Margarine Fat Free Milk</p>	<p>Beef and Sweet Peppers 20DC Steamed Brown Rice Cut Broccoli Raisin Applesauce Whole Wheat Bread with Margarine Fat Free Milk</p>	<p>Chicken Fried Steak 21DC Whipped Potatoes with Gravy California Vegetable Medley Raisin Nut Cup Whole Wheat Bread with Margarine Fat Free Milk</p>
<p>Chicken Fried Steak with Gravy 21L Roasted Garlic Mashed Potatoes Cut Broccoli Sliced Peaches Whole Wheat Bread with Margarine Fat Free Milk</p>	<p>Chili Relleno Casserole 22L Parslied Carrots Seasoned Cauliflower Broccoli Mix Watermelon Whole Wheat Bread with Margarine Fat Free Milk</p>	<p>French Dip Sandwich 25L with Au Jus Oven Brownd Potatoes Mixed Vegetables Strawberry Applesauce Fat Free Milk</p>

<p>Hot Dog on a Bun with 27MOW Catsup & Mustard <u>Savory Black Beans with Cilantro</u> Seasoned Cabbage <u>Carrot Raisin Celery Salad</u> Cantaloupe Fat Free Milk</p>	<p><u>Teriyaki Beef</u> 31C <u>Whipped Potatoes</u> <u>California Vegetable Medley</u> Banana Whole Wheat Bread with Margarine Fat Free Milk</p>	<p><u>Porcupine Meatballs</u> 31DC <u>Whipped Potatoes</u> with <u>Gravy</u> <u>California Vegetable Medley</u> Banana Whole Wheat Bread with Margarine Fat Free Milk</p>
<p>Salisbury Steak 36L <u>Whipped Potatoes</u> with <u>Gravy</u> <u>Italian Green Beans</u> Tropical Fruit Whole Wheat Roll with Margarine Fat Free Milk</p>	<p><u>Roast Beef</u> 42C <u>Whipped Potatoes</u> with <u>Gravy</u> Seasoned Greens <u>Waldorf Salad</u> Banana Dinner Roll with Margarine Fat Free Milk</p>	<p>Swiss Steak with 42DC <u>Mushroom Sauce</u> <u>Whipped Potatoes</u> Seasoned Greens <u>Waldorf Salad</u> Banana Dinner Roll with Margarine Fat Free Milk</p>
<p><u>Sloppy Joe</u> on a Bun 37L Scalloped Potatoes Peas and Carrots Peach Fat Free Milk</p>	<p><u>Taco Salad</u> with 43DC Lettuce, Tomato, & Salsa <u>Savory Black Beans with Cilantro</u> Orange Juice Watermelon Cornbread with Margarine Fat Free Milk</p>	<p>Veal Parmesan with Tomato 47DC Sauce over Spaghetti <u>Italian Green Beans</u> Pineapple Tidbits Whole Wheat Bread with Margarine Fat Free Milk</p>

<p>Swedish Meatballs with Gravy 58C Scalloped Potatoes Mexicali Corn Creamy Cole Slaw Grapes Whole Wheat Bread with Margarine Fat Free Milk</p>	<p>Combination Burrito 73C Steamed Brown Rice Cooked Cabbage with Red Pepper Banana Fortune Cookie Fat Free Milk</p>	<p>Spicy Beef Rice Casserole 88MOW Cut Broccoli Whipped Hubbard Squash Plum Whole Wheat Bread with Margarine Fat Free Milk</p>
<p>Beef Stroganoff 99C Cut Broccoli Tossed Salad with French Dressing Apricot Pineapple Compote Whole Wheat Bread with Margarine Fat Free Milk</p>		